

WOMAN AND THE HOME

DOMESTIC HELPS AND AIDS TO HOUSEWIVES



The young lady across the way says she feels so apathetic toward the poor people in the war zone that she simply can't read about them without crying.

ICE AS A SUMMER NECESSITY

Many of the older people can remember the times when ice was considered a luxury. People would keep food cool by hanging them down wells, or putting them in cans or covered pails partly immersed in water, and placed in cool cellars. With care the old-fashioned families thus kept supplies quite well.

Perhaps one reason was that the old timers had food that was in better condition for keeping. With milk and butter from near by farms, the food was in the best possible shape when it reached the home. Nowadays such supplies are carried a great many miles, and they need careful refrigeration from the moment they reach the home. The family that does not have ice is apt to lose a good deal of food, or else to have to use it after it has begun to deteriorate.

The average American family uses ice in an unhealthy manner. Unmistaken drinking of ice water is a purely American trait that has never been common in other countries. In other lands motives of economy check its use, which saves the stomach as well as the purse. A certain cooling of water is very healthful. But it can be accomplished much better by keeping it in jars in an ice box, rather than by breaking up cakes of ice to place in the water.

The free distribution of ice to poor people has proved a useful charity in

many places. No doubt it has saved the lives of many infants who otherwise would have had to drink tainted milk. The way the children of hot and crowded cities flock around the ice carts is a revelation of what the poor must suffer in hot weather.

Prices of ice seem to increase in most places. This has hit hard at the comfort of many people. Now that it is regarded as a necessity its consumption has greatly increased. Its value is mostly in labor, which costs high at present. Apparently, ice is destined to remain at a high cost. Kind-hearted people can find many cases where real suffering is caused by the lack of it.

LIFE SAVING CORPS FOR LORDSHIP PARK WILL BE ORGANIZED.

An attempt is being made to organize a life saving corps at Lordship park. Applications are being received and it is expected the organization will be accomplished under the direction of Commodore A. H. Buell, who has charge of the life saving corps at Seaside Park.

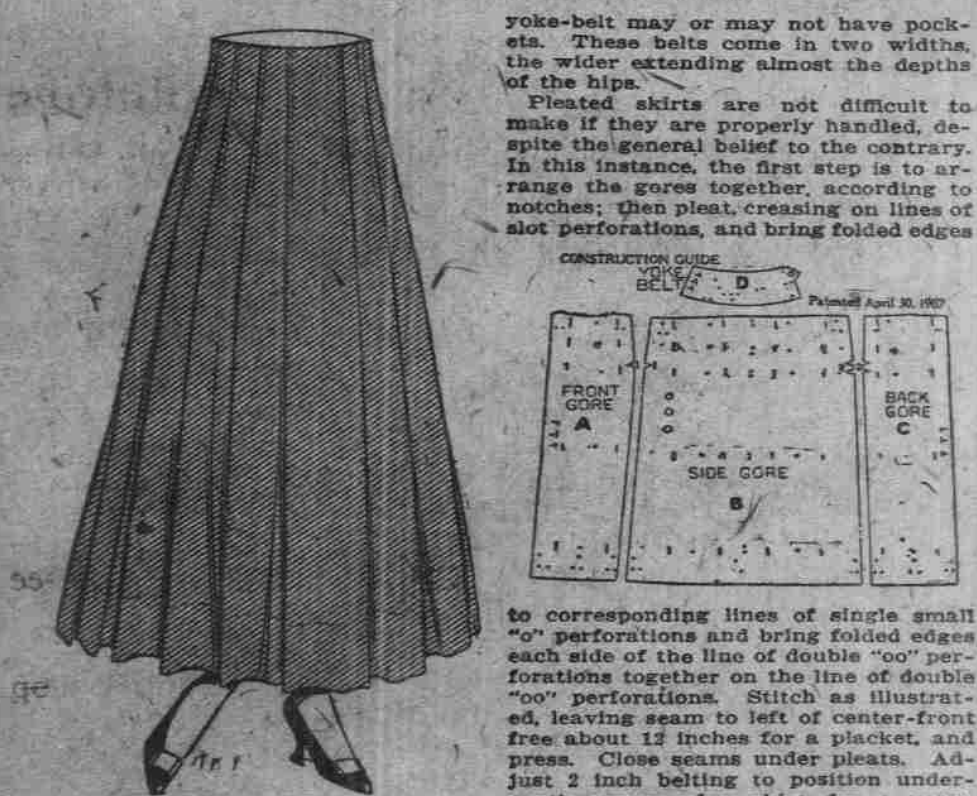
President Wilson spent yesterday considering official business at Cornish.

CELERY PLANTS
15c Per dozen
JOHN RECK & SON

Early & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

A SKIRT OF MANY POSSIBILITIES.



New design in a four-piece side-pleated skirt, suitable to development in any of the smart materials of the season.

One may choose between serge, broadcloth, gabardine, taffeta, poplin or voile as a material for the development of this smart four-piece side-pleated skirt. It has many charming possibilities if one desires a change from the original model. For instance, it may have a yoke-belt that fastens either at the back or front, and the

Yoke-belt may or may not have pockets. These belts come in two widths, the wider extending almost the depths of the hips.

Fleated skirts are not difficult to make if they are properly handled, despite the general belief to the contrary. In this instance, the first step is to arrange the gores together, according to notches. Then place, stitching on lines of not perforations, and bring folded edges

to corresponding lines of single small "o" perforations and bring folded edges each side of the line of double "oo" perforations together on the line of double "oo" perforations. Stitch as illustrated, leaving seam to left of center-front free about 12 inches for a placket, and press. Close seams under pleats. Adjust 2 inch belt to position underneath upper edge skirt for a stay; stitch upper edges together.

If the deep yoke-belt is desired, use the entire pattern and cut off pointed end on large "O" perforation. The belt can be made to close in the back by slashing on line of four small "o" perforations, after which a pocket can be inserted. Adjust on skirt, center-front and center-backs even, the small "oo" perforations being used to indicate the center.

Belts will be used a great deal during the fall and winter, and kid in various colors makes ideal belts for separate skirts.

Sizes 22, 24, 26, 28, 30, 32 and 34 inches.

Pictorial Review Skirt Pattern, Price, 15 cents.

These Home Dressmaking articles are prepared especially for this newspaper from the very latest styles by The Pictorial Review.

Striking Black And White Walking Suit For Early Autumn



One of the prettiest suits shown so far in the early autumn gowns is this black and white check illustrated here. The Norfolk jacket is particularly good style, and the plain skirt which accompanies it is entirely in keeping with the severe lines of the coat.

LITTLE BENNY'S NOTEBOOK

By Lee Page

Mr. Perkins was setting in the parlor waiting for my sister Gladie to come down last night, and I was settling there with him, and suddenly started to wawk up the front steps, being Mr. Rockitts, my Sunday school teacher.

Confounded, I hear comes this capsule to spoil my evening for me again, said Mr. Rockitts.

Which jest then the front door bell rang, and Mr. Perkins said, Benny, if you can manage to sidetrack him by my means water, fare or fowl, I will give you a reward befitting your services.

Which jest then the bell rang again and I went and opened the door and Mr. Rockitts was standing there with his nose glassed and his nose, and he said, Ah, good evening Benny.

Hello I said.

Is your sister at home, said Mr. Rockitts.

Yes, she's at home, but I said.

Well, what, said Mr. Rockitts.

Well, she's home, I said.

But my goodness, is anything the matter with her, said Mr. Rockitts.

Well, she's something a bit out of her head, I said.

Aw, her nose, my grayhills, what do you mean, said Mr. Rockitts.

Sum thing funny, I said, and Mr. Rockitts said, O, I see, properly a boy, and he said, Benny, I'll be right back.

Yure welcome I said, and Mr. Rockitts went away and I closed the door and went back to Mr. Perkins and told him about it, saying, And I didn't tell a lie, esthir, did I, she has got something awn her nose, she's got powdery awn it, and that's funny enuff, ain't it?

Benny, yure a too friend and a diplomat and heers a thin but servicable dime as a little token of my affekshin said Mr. Perkins. And he gave it to me and I went out to show it to the fellows.

PERSONAL MENTION.

Mrs. Eley, wife of Rev. William Eley, and daughter, Alice, have gone to St. Louis to spend one month with Mrs. Eley's sisters.

POINTS OF INTEREST

Take Care of Your Watch.

Your watch is a delicate piece of machinery which should be regularly cleaned and oiled. This work should be entrusted only to a competent watchmaker. Our repair department can be safely trusted with the finest watch—whether it needs to be merely cleaned or if it requires repair of any sort. We can assure you the very best work that can be done in this line our charge for it will be entirely satisfactory. We also do all kind of jewelry repairing. M. J. Buechler, the reliable jeweler, 48 Fairfield avenue, near Middle street.—Adv.

The steamer Frieda, from Sabine, Texas, with a cargo of sulphur, went ashore on Seguin Island off the Maine coast.

During July, 59 persons were killed by automobiles, 52 by trolley cars and seven by wagons in New York state, according to the National Highway Protective Society.

A REFRESHING DRINK

During the sultry, humid and sweltering days, acid drinks combined with phosphates are most refreshing and beneficial to the system. The best acid-phosphate drink is one that requires but a teaspoonful to a glass of water—a thirst-quencher, nerve-bracer and tonic is

HORSFORD'S Acid Phosphate

(Non-Alcoholic)
Keep a bottle in your home

LAURA JEAN LIBBY'S DAILY TALKS ON HEART TOPICS

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IS SPOONING ON THE WANE?

"Jenny kissed me when we met,
Jumping from the chair she sat in;
Time, you thief! who love to get in,
Sweets into your list put that in,
Say I'm weary, say I'm sad;
Say that health and wealth have missed me;
Say I'm growing old, but add:
Jenny kissed me."

A young girl, with fair future prospects, who has permitted the attention of a young man as a constant caller upon her, vaguely wonders why he hints yet does not openly declare his intentions after an agreeable courtship. Her home has always been a pleasant one to receive him in; her parents have been indulgent to her, only looking toward her happiness in one thing—and that was a constant reminder that it was neither wise nor best to accept the first young man who came along as a wooer.

She hesitates as to how she is to come to the conclusion whether he really has serious intentions or is only a friendly regular caller. He has given her to understand that he believes it the right way to call upon a young woman whom he really admires many times before he realizes whether she is the kind that he would be happy with.

"That's dodging the question," is the theory of a spinster kin. "If a man believes in making up his mind so carefully and exactly why should not a girl have the opportunity of comparing his every mood, roaming and habits with that of other would-be suitors?"

Until that time has arrived, let me advise you not to allow your thoughts to dwell upon him, let alone your heart to go out to him.

A girl should have her innocent little fling, not have her expectations and rosy future hopes broken up by over-zealous friends. Therein lies the start of many a heartache. What she needs is to divide her attention from too much home espionage, she allows, is to go out often with him to lawn parties, park concerts and picnics in shady pleasure grounds. That suits many a man who loves bright out in the cool air better than all the company that would offer to entertain him hospitably within doors. Her white muslin dress, and bunch of flowers she had picked to carry brighter her picture in his eyes. If they take a stroll out, at some nearby leafy glade, in the bright moonlight, they follow the example of other couples and choose a rustic seat, where they can observe those who go by slowly, arm-in-arm.

If the moonlight is clouded for an instant, there are those about them who think with a little laugh that it is spooning's opportunity. A stolen kiss is not to be repeated for stern eyes are ever on the lookout against indulgences of this kind, as lovers find. It is a little which is not excusable in public places.

A lover is in honor bound to refrain from anything which is apt to bring reproach and unsavory gossip to his sweetheart, under his protection. The rights of a decent girl are to be considered and spooning in parks and outdoor places left out. There is pleasure enough in having your best girl by your side, seeing her smiling face and love-lit eyes upturned to you. But the edict to young couples should be a warning that spooning is on the wane.

Miss Libbey's answers to your letters. Correct name and address must be given to insure attention. Initials printed. Write short letters on one side of page only. Use ink. Personal letters cannot be answered. Address Miss Laura Jean Libbey, No. 916 President Street, Brooklyn, N. Y.

MISS LIBBEY'S REPLIES TO YOUR LETTERS

MARRIED LADY'S HUSBAND'S NEGLECT.

Dear Miss Libbey:—

I am married lady, have five children, all under ten. My husband's position on railroad gives him salary of \$75 per month. He gives me no money. Shall I live with this man of mine or not?

R. M. C.

Try a while to coax him for his children's sake to do differently. Have the children make a great deal of him and tell him of their wants. Assume cheerfulness. If this won't do, legal aid may.

HER SOLDIER LOVER

Dear Miss Libbey:—

I am 18 years old. For seven months I corresponded with a young man in the army. He says he loves me and asks me to marry him. I have never seen him. He is a great friend of my brother, who is also in his company. I know I love him. What is a nice birthday present for a soldier boy? Please advise.

L. P.

Your brother, knowing him intimately, will be able to advise you. You are young and have plenty of time to decide when they have a happy homecoming. A book, box of handkerchiefs, or some neckties—any of these, would be acceptable. I am sure, for a young soldier.

WEDDED, LIVE BY YOURSELVES

Dear Miss Libbey:—

As an interested reader I seek advice. I am 20, been married most two years. I have to live with husband's parents, so am very unhappy. Husband is good provider for me, yet I

feel I do not possess the right love for him. Thinking of leaving him. His work keeps him away from home most of the time. I am very lonely. Have never been happy since wed. Thankful for your aid.

E. C.

It is always wisest for married couples to live by themselves, if they possibly can. If he is not so situated that he can control this circumstance, and works all the time, obliged to be away from you, you should try to be cheerful, resign and encourage him to make good the future. He is doubtless doing the best he can. These times, it is difficult to provide well and do all a faithful husband would love to do. Keep up his heart and yours. Help him by good cheer and you will never regret it.

ON THE OUTS WITH TWO

Dear Miss Libbey:—

I love two young persons. Went with one young man four years, parted with him; things were told about him. Now he goes with a girl some say he cares not for. Worries for me. He liked me. She is well dressed. That suits him. His mother keeps him from me. Another I went with for a month. One day he told me he was engaged, but parents objected. I upbraided him. He told me not to bother him. I told him to bother me. I passed him. He looks. I will not speak first, as he remarked, one of these days what he'd do. The first I speak to. But with this girl he will not bow. Please advise.

E. L.

You have been too eager to be agreeable to both. Let them show interest in you, or better, you will meet the right one, if you do not show that you care so much for one. That's the best way.

NO LOVE IN POSTAGE STAMPS

Dear Miss Libbey:—

Kindly inform me as to the following: A girl whom I have been loving for about a year has commenced putting one cent stamps on her letters to me. She also puts one stamp upside down; another on sideways. Please advise as to this meaning.

D. K.

There is nothing to be thought of in regard to postage stamps putting on. She may be in a hurry or wanting her letter to look different from others. It's only a girl's notion; no meaning to it.

LIKING ONE OF HER FRIENDS.

Dear Miss Libbey:—

I am a young girl of 16. Would like to find some one of my age acquainted as companion. Please let me know how to have the pleasure of seeing them.

G. M. A.

The only way to see young people is to go often as possible to meetings, church fairs, entertainments and nice gatherings. Don't neglect these worthy opportunities, and you will make plenty of desirable young people's friendship, summers and winters.

The British Steamship Pollicarria, which used to be the German ship Max Brock, in from Liverpool, reported that her chief steward, James Wilson, a native of Glasgow, was discovered to be missing on Sunday and is thought to have jumped overboard.

Try 'Brownatone' Hair Stain FREE!

The Foundation of Youth Has at Last Been Found In "Brownatone"

The One Perfect Stain That Is Entirely Harmless and Sure to Give Best Results

You need not tolerate gray, streaked or faded hair another day. It takes but a few moments to apply "Brownatone" with your comb or brush, and just a little "touching up" once a month should keep your hair the beautiful shade you most desire.

Results always the same—always pleasing. Will not rub or wash off and guaranteed to contain none of the dangerous ingredients so often found in "dyes."

Prepared in two shades. One to produce golden or medium brown, the other, dark brown or black.

We will send absolutely free, for a short time only, a trial bottle of BROWNATONE if you will send us your name and address accompanied by 10c to help pay postage and packing. This offer is made for you to try BROWNATONE Hair Stain, and find for yourself just how superior it is to all so-called "dyes," combs, etc. etc.

Sold at Riker Drug Stores.

FREE TRIAL BOTTLE COUPON

The Kenton Pharmacal Company, 640 E. Pike Street, Covington, Ky. Please send me your trial bottle of BROWNATONE Hair Stain. I enclose 10 cents (silver or stamps) to help pay postage and packing.

Name.....
Address.....
Town..... State.....
Do you wish golden, medium, dark brown or black?
State which.....

SKIM MILK HAS HIGH FOOD VALUE

Nutritive Elements in Skim Milk Under-estimated.

Skim milk is a very economical food material in the opinion of experts in the Department of Agriculture, and might well be more largely used as human food—this in spite of the fact that it is nine-tenths water. The argument for economy is based on the price at which it is usually sold and upon the composition of the remaining tenth, or the nutritive portion.

Whole milk, as everyone knows, is an indispensable food for the young, and even in the diet of the adult it is comparatively economical. The only nutrient taken from it in skimming is the butter fat. There is left therefore, in the skim milk, not only all of the sugar, which amounts to about 4.1-2 parts in every 100, and all of the mineral substances, but also all of the protein. The last-named substance is important because, besides serving as fuel for the body, as fats, sugars, and starches do, it also supplies nitrogenous tissue-building material. The proportion of protein in skim milk, as well as of the mineral constituents, which are also valuable for body-building, is even greater than in whole milk.

Since the nutritive part of skim milk consists very largely of protein, it is to be classed, as whole milk is, with such food materials as eggs, meat, fish, poultry, and so on. (though it is much more delicate than those foods) rather than with such substances as sugar, which serve only as fuel. Two and a half quarts of skim milk contain almost as much protein and yield about the same amount of energy as a pound of round of beef. When skim milk sells for 4 cents a quart, or about 2 cents a pint, it is really a very good buy. For 20 cents a pound, a dime, or any other sum of money spent for skim milk will provide nearly twice as much nourishment as it will if spent for round steak. Round of beef, of course, is one of the lower-priced meats and when compared with the more expensive cuts, skim milk makes a still better showing from the standpoint of economy. The comparison with oysters is very significant; a quart of oysters contains less than twice as much nourishment as a quart of skim milk, and yet it often costs several times as much. Both are useful, wholesome foods, and in the oyster one has a special flavor. A combination of the two in oyster stew or creamed oysters is an economical way of using the oysters, since it makes a given quantity "go further."

Whole, unskimmed milk has, of course, a more pleasing taste to many people, and those who do not need to consider the additional cost will, no doubt, always prefer it. When used for cooking, however, the difference in taste between skimmed and unskimmed milk is not perceptible. The nutritive value of the milk which skim milk can be put in the preparation of foods. In the making of cereal mushes, for instance, the use of skim milk in place of water adds greatly to the nutritive value, particularly by raising the amount of tissue-forming materials. In making milk soups, chowders, custards and cakes also, it can be profitably used. In chowders the lack of fat is made up by the use of salt pork.

Corn Chowder

1 can of corn or 1 pint of fresh corn grated.
4 cups of potatoes, cut into small pieces.
2 ounces of salt pork.
1 small onion, chopped.
4 cups of skim milk.
1 teaspoonful salt.
4 oyster crackers.

Cut the pork into small pieces and fry it with the onion until both are a delicate brown. Add the potatoes and corn; cover with water, and cook until the potatoes are soft. Add the milk and salt, and reheat. It is well to allow the crackers to soak in the milk while the potatoes and corn are being cooked. Some people cook the corn from which the corn has been removed, in water, and later use this water for cooking the potatoes and corn.

Cakes Without Flour

When cottage cheese is made from skim milk, cream or butter is very commonly added, to make it more palatable. For some purposes the cottage cheese curd from skim milk is better than that from the whole milk, as for example, in cakes made from the following recipe, which is unusual since it contains no flour.

Curd Cup Cakes

1 cup dry curd.
4 eggs.
2-4 cup sugar.
1-2 teaspoon salt.

Beat the yolks of the eggs thoroughly; add the sugar and the curd, (which must be very dry) and beat until the mixture is smooth. Combine this mixture, by cutting and folding, with the stiffly beaten whites of the eggs. Bake for 20 minutes in a moderate oven in which the heat is greatest at the bottom. Use unbuttered gem tins. This amount should make about 30 cakes.

In order to prepare the curd, take 2-3 or 3 quarts of sour skim milk; heat to the boiling point and strain; when no more liquid runs off, press the curd between cloths or spread it out in a thin layer on a cloth and dry it in a warming oven. If the curd from the quantity of milk given amounts to more than a cupful, it is too wet.

If a very sweet cake is liked, as is the case in parts of South America where these cheese cakes are well known, two cups of sugar may be used with two cups of the cottage cheese and four eggs.

In recommending skim milk as food, the fact should always be kept in mind that it has gone through one more process in the course of its preparation for family use than whole milk has—that of separation of the milk. This, in the case of a food material so liable to become contaminated and to be the carrier of disease, is a very important matter, and the consumer should take even more pains than in buying whole milk, to know that it has been carefully handled, particularly if it is to be used raw.

The provisions of the Food and Drugs Act and common honesty require that skim milk should be sold for what it is and never as whole milk. It should be plainly labeled as skim milk. To sell it as whole milk would

not only be a violation of the Federal Food and Drugs Act, in cases where that law applies, but also a violation of the State Law in any State where it might be sold.

TODAY'S POEM

KIHARA.

Five fet odd of Old Japan—and not much odd at that—
He wore a natural coat of tan on features rather flat.
A problem hard of solving taxed his Oriental mind;
While a bullet rested firmly where his rice lay when he dined.

His men all came from Mexico and Mexicans, they say.
Take life in quite a simple, careless, free and easy way.
They left him with a parting shot, down flat upon his back;
And something they perhaps forgot—a handcar on the track.

Kihara rose and tried to move it but it wouldn't budge.
He said, "Exalted fiddlesticks—Most honorable fudge!
Flying train express oncoming—handcar bar that way;
Which furnish crash, and also smash—and Satan then to pay!"

A wan smile flickered on his lips; his failing spirit rose.
He murmured softly to himself, "Most worthy torpedoes—
I snug them safely in my breast, by count of number, two,
Dishonorable Kihara, High Flyer stop for you."

He crawled it at the double—meaning doubled up with pain.
And with his last remaining strength he torpedoes the train.
When half a hundred heads popped out to learn the reason why,
Kihara, with his eyes shut tight, was looking at the sky.

They picked him up and cleared the track, and threw the throttle wide.
That train, a flying streak of gray, took curves upon its side.
The doctors grabbed Kihara quick before his life had sped.
But—well, he did his little bit, and he died in a nice clean bed.

—F. W. Poole in Boston Transcript.

CORNER FOR COOKS

Seamed Indian Bread.

Mix well together two cups of Indian meal, one cup of flour, one-half cup of molasses and one pint of sour milk in which has been dissolved two teaspoonfuls of saleratus; add a little salt and, put into a two-quart basin well greased. Steam two hours.

Apple Pie.

The last of the apples are rather tasteless and are often better if pared, cored, sliced and stewed until tender. Rub through a strainer and season with sugar, a few grains of salt, a level teaspoon of butter to the filling of one pie and the juice and grated yellow rind of half a lemon. Bake between two crusts and serve while slightly warm with powdered sugar scattered over the top.

Clear Soup.

Four pounds of shin of beef, two pounds of knuckle of veal. Cut the meat off the bones in pieces about a quarter of a pound each, and break the bones in four or five pieces. Have ready your stockpot, put into it one ounce of butter, let it just warm, then place the meat at the bottom of the pot with the bones. Let this fry very slowly for 1-2 hours, turning the meat two or three times. Add three quarts of water, about three quarts. If this operation is repeated three times, it should make a clear consommé.

Have ready two carrots, two turnips, two onions stuck with two cloves, one head of celery, two leeks, one ounce of salt, a faggot of herbs weighing about one ounce and consisting of parsley, thyme, marjoram, tarragon. Put these all in the soup and allow it to simmer four or five hours. Strain and leave to cool for use. When cold, carefully remove all fat. The meat from this stock will bear another addition of water, about three quarts. If this operation is repeated three times, it should make a clear consommé.

Apples Stuffed With Figs.

Pare and core large apples, allowing one for each person. Chop three or four fresh figs and fill the centers of the apples. Place in a deep baking dish and add a little water. Bake well and frequently. Serve cold with cream.

Waffles.

Sift together one and one-fourth cupfuls of flour, one-half teaspoonful of soda and one-fourth teaspoonful of salt. Beat the yolks of two eggs; add one cupful of sour milk and stir a little. Mix with the flour and stir well.

General Benjamin F. Tracy, seriously ill at his home in New York, cannot live more than 48 hours, according to his physician.

CELERY PLANTS
15c Per dozen
JOHN RECK & SON

Girls Wanted

for our metal department. Steady work. Good pay. Apply Warner Bros. Co. Employment Office.